NUTRITIOUS LUNCH BOX IDEAS

FROM

Tupperware®

Children can learn good nutrient habits by helping pack their own lunches. Peanut butter sandwiches are a natural place for them to start. Try one of our recipes or strike out with original combinations.

Have you ever tried packing a nutritious yet interesting lunch day after day? It's quite a challenge even for the most creative person. But with *Nutritious Lunch Box Ideas from Tupperware®*, you'll find fun-filled, vitamin-packed solutions to your meal on the go. And to add even greater delight to the take-along lunch, pack it in a Tupperware container so that "just made" freshness will remain locked in until lunchtime. Attend or hold a Tupperware Party soon for more nutritious lunch ideas and money-saving tips. (You'll find recipes for the lunch pictured on the cover on page 15.)

Better Homes and Gardens TEST KITCHEN®

This seal assures you that every recipe in Nutritious Lunch Box Ideas from Tupperware is tested and approved by the Better Homes and Gardens Test Kitchen. Each recipe is tested for family appeal, practicality, and deliciousness.

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HOMEMADE PEANUT BUTTER

Next time try substituting cashews, pecans, almonds, or walnuts for the peanuts–

2 cups cocktail peanuts

Place peanuts in blender or food processor. Cover and blend till smooth. Stop and scrape sides as necessary. Transfer peanut butter to a **Refrigerator Bowl.** Apply **Seal.** Store up to 6 months in refrigerator. Makes 1¼ cups.

PEANUT BUTTER APPLE SANDWICHES

½ cup creamy peanut butter
2 tablespoons mayonnaise or salad dressing
2 teaspoons lemon juice
½ cup apple, peeled and finely chopped
4 slices bacon, crisp-cooked and crumbled
8 slices whole wheat bread

In 20-oz. **Servalier®** bowl, blend peanut butter, mayonnaise or salad dressing, and lemon juice. Stir in apple and bacon. Divide mixture among 4 slices of bread and spread to edges. Top each with a second slice of bread. Pack each in a **Square-A-Way®** or a 16-oz. **Square Rounds®** container. Makes 4 sandwiches.

MORE PEANUT BUTTER IDEAS

- Stir applesauce, finely diced canned peaches or pears into peanut butter before spreading on bread.
- Top peanut butter with bacon slices, raisins, shredded carrot, shredded coconut, or alfalfa sprouts before adding top to sandwich.
- Vary the bread — try raisin, rye, or cinnamon.

DEVILED HAM SANDWICHES

4 slices rye bread
Butter or margarine, softened
2 tablespoons sweet pickle relish
1 3-ounce can deviled ham
1 teaspoon prepared mustard
¼ teaspoon prepared horseradish

Spread bread with butter. Combine pickle relish, deviled ham, mustard and horseradish. Spread deviled ham mixture on 2 slices bread. Top with remaining bread. Pack each sandwich in a **Square-A-Way** or a **Square Rounds** container. Makes 2 sandwiches.

Tupperware® products make this south-of-the-border lunch easy to fix and to carry. To give a Lunch Box Tostado extra zip, pack a 2-oz. Midget filled with taco sauce, alongside the Small Seal-N-Serve® container.

LUNCH BOX TOSTADOS

- **8 6-inch tostado shells**
- **1 16-ounce can refried beans**
- **4 ounces cheddar cheese**
- **2 tablespoons taco seasoning mix**
- **½ cup olives, sliced**
- **Shredded lettuce**

Spread one side of each tostado shell with refried beans; set aside. Shred cheese on **Handy Grater;** remove grater and add taco seasoning mix. Apply storage **Seal** and shake vigorously to coat cheese. Add olives. To assemble each tostado, place 1 shell, bean side up, in the bottom of a **Small Seal-N-Serve** bowl. Sprinkle with a little shredded lettuce and about 2 tablespoons of the cheese mixture. Place second tostado atop; repeat lettuce and cheese layers. Apply **Duo-Seal®** closure. Makes 4 servings.

FLAPJACK STACK-UP

- **3 Whole Wheat Pancakes (recipe below)**
- **¼ cup cheese spread**

Spread one pancake with about 2 tablespoons of the cheese. Spread second pancake with remaining 2 tablespoons cheese; place atop first pancake. Place third pancake atop stack to form three-layer sandwich. Place sandwich in a **Small Seal-N-Serve** bowl; apply **Duo-Seal** closure. Makes 1 serving.

WHOLE WHEAT PANCAKES

Breakfast and lunch from one hearty recipe—

- **2 eggs**
- **1¼ cups milk**
- **1 teaspoon vanilla**
- **1 cup packaged whole wheat pancake mix**
- **½ cup wheat germ**
- **2 tablespoons nonfat dry milk powder**
- **2 teaspoons baking powder**
- **½ teaspoon salt**
- **½ cup chopped pecans**

In a **Quick Shake®** container, blend eggs, milk, and vanilla. In a **Small Mix-N-Stor®** pitcher, stir together the pancake mix, wheat germ, milk powder, baking powder and salt. Add egg mixture; stir just to moisten. For each pancake, pour about ¼ cup batter on greased, preheated griddle. Bake till bubbles break on surface and edges are dry. Sprinkle each pancake with some of the nuts; turn. Bake 45 to 60 seconds more. Makes 9 five-inch pancakes.

CHICKEN BUNDLES

2½ cups chopped, cooked chicken
6 slices bacon, crisp-cooked and crumbled
1 8-ounce carton sour cream dip with onion
¼ cup mayonnaise
¾ cup celery, chopped
½ cup pecans, chopped
½ teaspoon salt
1 1-pound loaf frozen bread dough, thawed

In **Medium Mixing Bowl,** combine all ingredients except bread dough. Divide bread dough in 12 equal parts. For each bundle, roll one portion dough on lightly floured **Pastry Sheet** to 5-inch circle with **Rolling Pin.** Place a generous ¼ cup chicken mixture on half the circle; fold over other half and seal with a fork. Place bundles on greased baking sheets; cover and let rest for 18 to 20 minutes. Prick top with fork. If desired, brush with *milk*. Bake in 375° oven for 20 to 22 minutes. Cool slightly; transfer to **Cold Cut Keeper.** Freeze. For each lunch, pack one or two bundles in a **16-oz. Square Rounds®** container. Makes 12 bundles.

CHEDDAR FRUIT ROUND

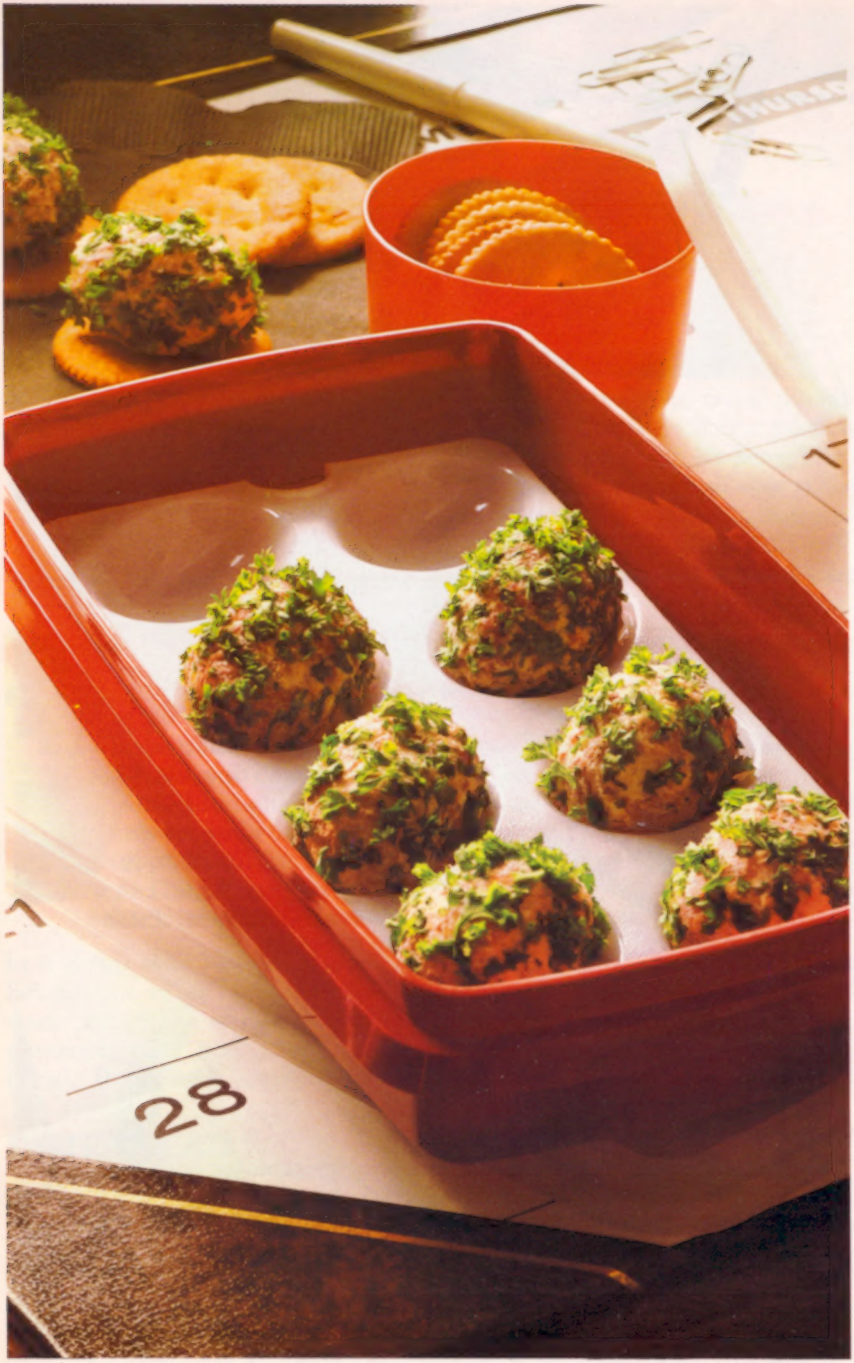
2 3-ounce packages cream cheese, softened
⅔ cup shredded cheddar cheese, softened
1 tablespoon milk
12 slices Date Bread, ¼ inch thick (recipe below)
1 medium apple, cored and cut in 4 rings
1 8¼-ounce can pineapple slices, well drained
½ cup shredded carrot

In a 2-cup pink **Wonderlier®** bowl, beat cheeses with milk till smooth. Spread one side of 8 bread slices with cheese mixture. For each sandwich, stack one slice spread bread, an apple ring, a second slice spread bread, a pineapple slice, and 2 tablespoons shredded carrot. Top with third slice bread. Pack each sandwich in a 20-oz. **Servalier®** bowl. Makes 4.

DATE BREAD

In **Medium Mixing Bowl,** cream ½ cup *packed brown sugar* and ⅓ cup *shortening*. Add 1 *egg* and ½ teaspoon *vanilla*, beating till combined. Stir together 1⅓ cups *flour*, ½ teaspoon *salt*, ½ teaspoon *baking soda*, ½ teaspoon *ground nutmeg*, and ⅛ teaspoon *ground cloves*. Add flour mixture alternately with ¾ cup *milk* to creamed mixture. Stir in ⅔ cup *whole pitted dates*, snipped, and ¼ cup *chopped walnuts*. Pour into two greased and floured 4-inch diameter cans (one pound coffee cans). Bake in 350° oven 45 to 50 minutes. Cool slightly. Remove from cans. Cool. Chill overnight in **Square Keeper®** container before slicing. Makes 2 loaves.

Chicken Bundles combine home-baked goodness with busy schedules. Make a dozen at a time and freeze them in a Cold Cut Keeper to lock in freshness till time to leave home. They defrost while waiting in a Pak-N-Carry™ Kit.



Here's a nutritious snack to get you through the day or share with office friends. Chipped Beef Balls packed in a Deli-Keeper container slip neatly into a brief case. Add a Snack Set cup of your favorite crackers.

CHIPPED BEEF BALLS

- 1 3-ounce package dried beef, finely snipped
- ½ cup (2 ounces) shredded cheddar cheese, softened
- 1 8-ounce package cream cheese, softened
- 2 teaspoons prepared horseradish
- 1 cup snipped parsley

In **Medium Mixing Bowl,** combine beef, cheddar cheese, cream cheese, and horseradish till evenly blended. Using about 2 tablespoons of the mixture for each, roll into egg-shaped balls; then roll in snipped parsley. Place beef balls on **Egg Tray** inserts. Seal and store in refrigerator. To tote, place one insert in a **Deli-Keeper.** Apply **Seal.** Makes 16.

HAM AND CHEESE SANDWICH SQUARES

- 1½ cups fully cooked ham, finely chopped
- 1 8-ounce carton (1 cup) plain yogurt
- ¼ cup (1 ounce) Swiss cheese, shredded
- 2 tablespoons butter or margarine, melted
- 1 to 2 teaspoons caraway seeds
- 8 saltine crackers
- 6 eggs

In a **Large Mix-N-Stor®** pitcher, combine ham, yogurt, cheese, butter or margarine, and caraway seeds. Place crackers on **Pastry Sheet** and crush finely with **Rolling Pin.** Add crackers to yogurt mixture. In **Small Mix-N-Stor** pitcher, beat eggs on medium speed of electric mixer about 6 minutes or till thick and lemon-colored. Fold eggs into yogurt mixture till well blended. Pour mixture evenly into a greased 8x8x2-inch baking pan. Bake in a 375° oven for 15 to 17 minutes or till evenly browned. Cut into quarters while warm and transfer each to a **Square-A-Way®** or a 16-oz. **Square Rounds®** container. Chill 4 hours or overnight before placing in lunch box.

HOT DOG LUNCH TIPS

Before leaving home, seal a hot dog bun inside a 16- or 18-oz. **Tumbler.** Fill a 1-pint vacuum bottle with boiling water; drop in a hot dog and seal. Pack catsup, mustard, pickle relish, chopped onion, etc. in 2-oz. **Midgets.** At lunchtime, assemble as desired on an uncrushed bun.

Extra hungry? Use a widemouth vacuum bottle to hold 2 or more hot dogs.

For variety, substitute chili for boiling water to produce a coney dog. Fill a 2-oz. **Midget** with shredded cheddar cheese to sprinkle atop chili.

TUNA SLAW VINAIGRETTE

Tote this salad in an upright position to prevent leakage—

- **1 3-inch wedge cabbage**
- **1 4-inch carrot**
- **2 tablespoons snipped parsley**
- **4 teaspoons vinegar**
- **1 tablespoon sugar**
- **1 tablespoon salad oil**
- **½ teaspoon salt**
- **1 3¾-ounce can tuna**

Grate cabbage and carrot on coarse side of **Handy Grater.** Add parsley; apply storage **Seal** and set aside. In a **Snack Set** cup combine vinegar, sugar, salad oil, and salt. Apply **Seal** and shake until sugar and salt are dissolved. Pour over cabbage mixture in **Handy Grater;** apply **Seal** and refrigerate overnight. (To pack lunch, include sealed **Handy Grater,** tuna, can opener, and fork.) At serving time, open tuna, drain, and combine with slaw mixture. Makes 1 serving.

MEATLESS MEAL-IN-A-BOWL

- **2 cups fresh spinach, torn**
- **1 15-ounce can garbanzo beans, drained**
- **½ cup cauliflowerets**
- **½ cup fresh mushrooms, sliced**
- **3 slices red onion**
- **½ cup chopped walnuts**
- **¾ cup cherry tomatoes**
- **¾ cup sliced cucumber**
- **Avocado-Yogurt Dressing (recipe below)**

In a **Medium Mixing Bowl,** combine spinach, garbanzo beans, cauliflowerets, mushrooms, onion slices, and walnuts. Divide mixture between 3 **Refrigerator Bowls.** Halve cherry tomatoes; place ¼ cup tomatoes and ¼ cup cucumber in each of three hamburger keepers from a **Hamburger Freezer Set.** Place a filled hamburger keeper atop vegetables in each **Refrigerator Bowl.** Apply **Refrigerator Bowl Seal.** Fill a 2-oz. **Midget** with Avocado-Yogurt Dressing for each salad. At lunch time, add cucumbers, cherry tomatoes, and dressing to ingredients in **Refrigerator Bowl** and toss gently. Makes 3 salads.

AVOCADO-YOGURT DRESSING

- **1 small avocado**
- **1 cup plain yogurt**
- **¼ cup milk**
- **1 tablespoon honey**
- **½ teaspoon garlic salt**

Peel, seed, and mash avocado. Combine avocado, yogurt, milk, honey, and garlic salt in a **Quick Shake®** container. Apply **Seal** and shake vigorously until smooth. Add additional milk if needed to make desired consistency. Refrigerate unused dressing in **Quick Shake** container. Makes 1⅓ cups.

Salad lovers rate Tuna Slaw Vinaigrette top fare. It's prepared, marinated, and served in the Handy Grater, so there's very little cleanup to do at the end of the day.

Triple Fruit Pops have something extra to please mothers as well as children. They're boosted with the nutrition of fruit and fruit juice. No empty calories here, and there are three flavor combinations, too!

TRIPLE FRUIT POPS

Kids can prepare these with adult supervision –

1 cup strawberries, fresh or loose pack frozen, thawed
¾ cup cranberry juice cocktail
¼ cup sugar-sweetened cherry-flavored soft drink mix

Mash strawberries and place in a **Quick Shake®** container with cranberry juice cocktail and soft drink mix. Seal and shake until soft drink mix is completely dissolved. Divide among 6 **Ice Tups®** molds. Place **Seals** and **Finger Sticks** in position and freeze till solid. Makes 6.

Variation I: Prepare Triple Fruit Pops as above, substituting 2 small *bananas*, mashed, ¼ cup *sugar-sweetened orange-flavored soft drink mix*, and ¾ *cup apple juice* for the ingredients listed.

Variation II: Prepare Triple Fruit Pops as above, substituting ½ cup *applesauce*, ¼ cup *sugar-sweetened lemonade-flavored soft drink mix*, and 1 cup *orange juice* for the ingredients listed.

ICE TUPS TIP

- Freeze pudding or yogurt for a special after-school treat. Measure ¼ cup filling into each **Ice Tups** mold to allow headspace for freezing.

GIANT PEANUT BUTTER-APPLE COOKIES

A nutritious lunch box extra or after-school snack–

2 cups packed brown sugar
¾ cup chunk-style peanut butter
¼ cup butter or margarine, softened
2 eggs
1 teaspoon vanilla
1 cup all-purpose flour
1 cup whole wheat flour
2 teaspoons baking soda
¾ teaspoon salt
1 cup quick-cooking rolled oats
1 cup diced peeled apple

In **Large Mixing Bowl,** cream brown sugar, peanut butter, and butter or margarine. Beat in eggs and vanilla. Mix flours, soda, and salt; stir into creamed mixture. Stir in the oats and apple. For each cookie, spoon about 3 tablespoons dough onto greased cookie sheet; pat with fingers to flatten slightly. Bake in 350° oven for 12 to 14 minutes. Cool 1 minute; remove from cookie sheet to wire rack. Cool. Store in **Saltine Saver.** Makes 24.

CAROB CANDY SQUARES

- ½ cup honey
- ½ cup creamy peanut butter
- ½ cup unsweetened carob powder or 1 square (1 ounce) unsweetened chocolate
- 1 cup roasted soybeans or dry roasted peanuts
- 1 cup raisins, cut-up pitted dates, or cut-up pitted figs
- 1 cup flaked coconut

In medium saucepan, stir together honey and peanut butter over low heat just till melted. Remove from heat; blend in carob powder. (Or, melt chocolate with honey and peanut butter.) Stir in soybeans, raisins, and ¾ cup of the coconut till well coated. Press mixture into a **Deli-Keeper.** Press remaining coconut lightly into candy. Apply **Seal** and chill till firm. Cut into squares with a table knife. Store sealed in refrigerator. Makes 24.

SPICY SNACKS

- 1 egg white
- 2 teaspoons water
- 3 tablespoons sugar
- ¾ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- ⅛ teaspoon ground ginger
- 5 cups bite-size shredded corn, wheat, or rice squares
- 1 8-ounce jar dry-roasted peanuts

Combine egg white and water in a **Quick Shake®** container. Add sugar and spices; shake vigorously until frothy. In a 13x9x2-inch baking pan, mix cereal and nuts. Add egg white mixture; toss to coat. Bake in 350° oven for 15 minutes. Remove from oven and stir. Cool 5 minutes. Remove from pan; cool. Store in **Small Decorator Canister**. Makes 7 cups.

PEANUT CRISP BARS

- ½ cup granulated sugar
- ½ cup light corn syrup
- Dash salt
- 1 cup peanut butter
- 2 cups crisp rice cereal
- ¼ cup butter or margarine
- ¼ cup packed brown sugar
- 1 tablespoon milk
- ½ teaspoon vanilla
- 1¼ cups sifted powdered sugar

In a saucepan, combine granulated sugar, corn syrup, and salt. Cook and stir till sugar is dissolved. Blend in peanut butter; stir in cereal. Pat evenly into a **Bacon Keeper.** In small saucepan, melt butter or margarine and brown sugar; remove from heat. Add milk and vanilla. Stir in powdered sugar; beat smooth. Spread over cereal mixture; chill. Cut in small bars with a Pastry Cutter/Server or table knife. Makes 2 dozen cookies.

CORNED BEEF-TURKEY HEROES

4 kaiser rolls, split
Tartar sauce
Blue cheese salad dressing
1 3-ounce package thinly sliced smoked corned beef
4 thin onion slices
2 slices Swiss cheese, cut in half
1 3-ounce package thinly sliced smoked turkey

Lightly spread cut surfaces of kaiser rolls with tartar sauce and salad dressing. Layer slices of the corned beef, onion, Swiss cheese, and turkey on rolls. Replace tops of rolls. Pack each sandwich in a 16-oz. **Square Rounds®** container. Makes 4 sandwiches.

GRAPE-NECTARINE COMPOTE

3 small fresh nectarines or peaches
1 cup grapes
½ cup orange juice
1 tablespoon honey

Peel, pit, and slice nectarines into a **Small Mix-N-Stor®** pitcher. Halve and seed grapes. Add with orange juice and honey; stir gently. Divide among 4 **Snack Set** cups, apply **Seals**, and chill. Makes 4 servings.

MARINATED CARROTS AND ZUCCHINI

In a saucepan, combine ½ cup *sugar*, ½ cup *vinegar*, ½ cup *water*, 1 tablespoon *mustard seed*, 2 inches *stick cinnamon*, and 3 *whole cloves*. Add 3 medium *carrots*, cut in 3½-inch strips; cover and simmer till crisp-tender. Add 1 medium *zucchini*, cut in 3½-inch strips; return to boiling. Remove from heat; cool. Transfer to **Pick-A-Deli™** container; apply **Seal.** Chill at least 8 hours. Makes 3 cups.

ORANGE JUPITER MIX

1 9-ounce jar orange-flavored breakfast drink powder
½ cup sugar
1¾ cups nonfat dry milk powder
2 teaspoons vanilla

In a 5-cup **Classic Sheer™ Canister,** stir together breakfast drink powder, sugar, and milk powder. Blend in vanilla till thoroughly dispersed (small beads will form). Apply **Seal** to store. When packing lunch, place ¼ cup mix in **Pak-N-Carry** 6-oz. **Tumbler.** At serving time, fill **Tumbler** to within ½ inch of rim with cold water. Apply **Seal** and shake vigorously. Makes 4 cups mix.